

Monday December 18th 2023 (12)

Groom

Yammul Thaan

Book 5

Title: "Physical-eye-patterns"  
Issue

- Bismillahirrahmaanirrahbeem

- In the Name of Allah,  
The Entirely Merciful,  
The Especially Merciful

Text/Note

1. Today, from morning till just before maghreb, I was in and out of intellectual patterns and mostly physical-eye-patterns
2. As bad as it gets is when I have to pace around the house in order to make myself tired / due to the fact that I still have a lot of energy in my body  
(2) I was not tired at that time usually between just before ashr and just after asr until before maghreb and (3) I could